



Attitudes of Gratitude: How to Give and Receive Joy Everyday of Your Life

M. J. Ryan

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Gratitude creates a powerful state of happiness because it returns us to the natural place where we notice what's right instead of what's wrong. In *Attitudes of Gratitude*, M. J. Ryan teaches us how to unlock the fullness of life through the expression and exercise of a grateful heart. In a series of brief, evocative essays, she inspires us to discover and distill a sense of gratitude in every aspect of our lives and offers practical suggestions to help us focus on all that we have, rather than our perception of what may be lacking.

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